

CIRCADIAN RHYTHM



THE CIRCADIAN RHYTHM IS A PROCESS THAT REGULATES THE SLEEP-WAKE CYCLE AND INFLUENCES NUMEROUS BODY FUNCTIONS



WHEN YOU EAT CAN BE JUST AS IMPORTANT AS WHAT YOU EAT, AND EATING AT TIMES WHEN THE BODY SHOULD BE RESTING DISRUPTS YOUR CIRCADIAN RHYTHM

EVERY TISSUE IN THE BODY HAS A CLOCK THAT COORDINATES WITH THE DAILY LIGHT/DARK CYCLE

CIRCADIAN RHYTHM DISRUPTION IS LINKED WITH METABOLIC SYNDROME, OBESITY, DIABETES, HYPERTENSION, AND ABNORMAL SLEEP CYCLES - AMONG OTHER THINGS

WAYS TO IMPROVE CIRCADIAN FUNCTION INCLUDE LIMITING YOUR EATING TO A 10-12 HOUR WINDOW AND RESTRICTING YOUR EATING TO DURING THE DAYTIME WHEN POSSIBLE

CHANGING YOUR EATING PATTERNS CAN IMPROVE YOUR CIRCADIAN RHYTHM, HAVE BENEFICIAL METABOLIC EFFECTS, INCREASE GLUCOSE TOLERANCE, AND REDUCE INSULIN RESISTANCE